Date _____

Dear Dr _____

I am here to see you today because my mental and emotional health are in a bad place. I am finding it very difficult to communicate just how overwhelmed I feel, to remain positive in my circumstances, and not to give in to suicidal ideation.

After being a Jehovah's Witness for _____ years, I have now (tick as applicable)

[ ] **disassociated** myself

[ ] been **disfellowshipped** from the organisation

As a direct result of mandated religious shunning, I am suffering the following losses:

[ ] **Home** — I have been kicked out and have nowhere else to go

[ ] **Family** — I am estranged from my

[ ] spouse	[ ] parents	[ ] siblings
[ ] children	[ ] grandchildren	[ ] grandparents
[ ] aunts	[ ] uncles	[ ] cousins
[ ] nieces	[ ] nephews	[ ] other

[ ] **Friends** — I have been completely cut off from any association with my circle of lifelong friends (all Jehovah's Witnesses), with no support network outside of the cult

[ ] **Employment** — my employer, who is a Jehovah's Witness, will no longer keep me on

Any referrals you may recommend to assist me to cope at this time will be very much appreciated.

Sincerely,

_____ Signature

_____ Name

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